



# The Daily Gremlin

Newsletter of the Third Cadet Training Group  
and the Minnesota Wing Cadet Encampment

Issue 1 Sat. 28 June, 2001



## Commander's Corner

Once again, WELCOME to the 3<sup>rd</sup> Cadet Training Group. Basic cadets, you will experience a week like no other you have experienced. To say this week will be a training week is an understatement. This week is going to be an intensive tough, and fulfilling week. I encourage you to strive to make the most of this encampment. It will be the most significant training experience of your CAP careers.

Standards. You are going to hear that word extensively this week. You will be training to meet the standards set forth for you. A major factor in meeting the standards is your attitude. A positive, "can do" attitude will make a significant difference. That attitude is contagious. It will spread to other members of your flight. With all members having a positive attitude, a flight can't help but build unit integrity and cohesiveness. Those characteristics can make the difference between earning the daily "Honor Flight" award and not. If nothing else, it will make your unit work more as a team. Working as a team can make it easy for you to overcome the challenges to meet or exceed the standards.

The weather looks to be relatively good for your week at GFAFB. We have a great deal of activities planned for you. Stay alert, ask questions and learn from those there to teach you.

Safety is a primary concern for the entire encampment staff. Each of you is a safety officer. If you see a safety hazard, it is your responsibility to bring it up the chain of command. Make the unsafe factor safe.

Remember to always meet or exceed the standards!

Have a great week!

STEPHEN G. MILLER, Major, CAP  
Commander, 2001 Cadet Encampment



Contraband Check during in-processing.

## The Day in Review

Today we end the first day of Minnesota Wing Encampment. All of the cadets arrived to Encampment safely and were greeted by the waiting Encampment staff. During this day most of the basics learned basic customs and courtesies and how to eat at Grand Forks Airway dining facility.

Tonight we also held our first formation, which went very well for the first day. In the time after the formation the Flight commander's and sergeant's having been teaching the cadets about basic drill and more things that will be useful to them at encampment.

Tomorrow they will have the pleasure of waking up early and experiencing Physical training for the first time. Also tomorrow they will be involved in such things as Moral leadership meetings and more of the basic things such as drill and customs and courtesies.

We look forward to a great training day tomorrow and seeing the cadets learn.

Good Day,

C/1<sup>st</sup> Lt. Tim Merhar



C/Major Emily Hellmuth, 3CTG/CC conferring  
with C/Capt Kevin DeVeau, 3CTG/LG



## Medical Minute

"Clip, clop, clip, clop...HACK-COUGH-ACHOO!"  
Is this the sound of a flight in distress I hear?  
Have no fear, the doctor is in." Throughout the encampment the key to maintaining good health is **Preventative Medicine**. This type of treatment involves making responsible choices about your health before a problem develops. Some points to remember this week:

1. **Take vigilant care of your feet.** Reddened "sore spots" are areas where footwear rubs against your feet. Without treatment, these can eventually become a breeding ground for blisters and make walking extremely uncomfortable.
2. **Beat the heat.** High-temperatures for almost any duration puts excessive stress on the body's cooling mechanisms. Guard against dehydration by drinking plenty of fluids. If you begin to feel thirsty, you are already dehydrated. When able, perform activities in shady, cool areas and avoid physically strenuous exercises in high-heat areas. Keep a keen eye on your colleagues. White "salt" blotches on uniforms are clearly visible and indicate a potentially serious condition. If found, report these conditions immediately.
3. **Input = output.** The encampment is designed to be a high-energy environment. To maintain stamina without sacrificing health be sure to eat sufficient, balanced meals. Another trait to remember: *Hard Workers Sleep Soundly*. A solid night's rest is an essential factor in maintaining good health.
4. **Do not wait until a problem exists to seek help.** A person who feels miserable is much less likely to learn from the encampment. If you have a medical problem or concern, inform your Flight Commander, TAC Officer, or see the medical staff.

"Best of luck this week!" – the Medical Staff

Charlotte M. Miller, BSN, RN  
Ryan J. Wallace, NREMT-I

## **6 LITTLE KNOW MILITARY FACTS**

- ✓ France won WWII all by themselves, without the help of the Allies. Just ask them.
- ✓ The Civil War was actually fought over the Confederacy's right to keep old cars on their lawns.
- ✓ Nazi POW Camps were "exactly" as depicted in "Hogan's Hero's"
- ✓ Contrary to popular belief, the French actually possess an army.
- ✓ "Sherman's March to the Sea" was really lead by Mr. Peabody.

## **Tomorrow's Schedule:**

Basic Cadet Skills Training  
Moral Leadership  
First inspection of Uniforms and Barracks

The Daily Gremlin is the official Daily Newsletter of the Third Cadet Training Group and the Minnesota Wing Cadet Encampment. The Internet version of this publication is an Official Internet Operation IAW CAPR 110-1. It is published daily from 28 July to 4 August 2001 from offices at Grand Forks AFB, ND.

Major Steve Miller, Encampment Commander  
2<sup>nd</sup> Lt Al Pabon Public Affairs Officer

C/Major Emily Hellmuth, Commander, 3<sup>rd</sup> CTG  
C/1<sup>st</sup> Lt Tim Merhar, Public Affairs Officer

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## **What was your First Impression of Encampment?**

Alpha 1. The drill sergeants were hard, but I think I will have fun-C/Amn Gerten

Alpha 2. Its pretty much what I expected, but its hard-C/Sr Amn Brett Stadslev

Bravo 1. Its different than what I expected, but its not as bad as people told me it would be-C/SSgt Erica Hagen

Bravo 2. There were a lot of mean people, and a lot of intimidation-C/Amn Evan Lautt

Charlie 1. Scary, fun and tough-C/A1c Ami Brockema

Charlie 2. It was a little Harsh-C/Msgt Peebles.

Delta 1. Looked hard, but I will have fun-C/Amn Paul Ramnarine

Delta 2. Very challenging, but a lot of fun too-C/Amn Ben Smith

Echo 1. More serious than I thought it would be, but I like it-C/A1c Nick Kneen

Echo 2. Scary and that is it-C/Amn Angela Schutta

Foxtrot 1. Scary, hard...very hard-C/Amn Amy Her

Foxtrot 2. Its scary when I don't know what is going on, there was a lot of yelling.

C/1<sup>st</sup> Lt. Tim Merhar-

Reporting for the Daily Gremlin